DELHI MODERN PUBLIC SCHOOL , PAMPORE.
Class:2nd
Subject: S.st
Study Material: Term-I
Lesson no. 9
Topic : Food

This lesson tells us about food and its importance. The things we eat are included in food. Food helps us to grow. It gives us energy and helps to stay healthy . Our food comes from plants and animals . we have three meals a day i.e breakfast in the morning , lunch in the afternoon and dinner in the evening.

Day 1:
Read lesson no. 9 (Half) , underline important words and learn them.
Day 2:
Read lesson no. 9 (Full) , underline important words and learn them.
Day 3:
Do part (A) and B on book and learn it.
A) Oral questions
1. Fruits and ice –cream.
2. Rice and wheat.
3.Milk and eggs.
4. Carrot and cucumber.
5. Fruits and vegetables.
B)Write T for true and F for false:
1. T 2. T 3. F 4. T 5. T
Day 4:
Do part C and More to do on book
C) Choose the best answer:
1. b (eggs) 2. a (sugar)
3. a (milk) 4. b (Fish and meat)
5. c (Sugar) 6. B (potato)

MORE TO DO
1. Read the clue and unscramble
a) sugar b) milk

c) Fruit d) Fish
e) Vegetables
2. Match the food with the way is cooked
a) _____ Bake.
b)_____ Fry.
c) _____ Boil.
d)_____ Roast

Day 5:
Do part D on notebook
D) Answer these

Ans1: The two ways in which food helps us are:
1. It helps us to grow.
2. It gives us energy to work and play.
Ans2: Sugar , butter and ghee are good for us because they give us energy.